Rainbow Care Clinic

Appointments:

To change or cancel an appointment please reply to your confirmation email or text as soon as possible so your appointment slot can be offered to other clients - fees apply for late cancellations

Request appointment (new clients)

Request appointment (registered clients)

Important information about your appointment

Contact

Rainbow Care Clinic books have very limited capacity and appointments may be > 6 months.

Alternative options for care include:

- *Your local sexual health clinic*
- *Prism Health*

IMPLANT REQUESTS: as of 29/07/26 Rainbow Care Clinic can only do insertions, not follow-up care of implants. Referrals will be required - information will be available shortly and emailed to you.

Request Appointment (new clients):

Actual name *

Appointments:

Request appointment (new clients)

Request appointment (registered clients)

Important information about your appointment

Contact

Legal name (as per Medicare) if applicable

DOB *

Email *

Phone *

Gender identity

Appointment type (check all/ any that apply):

- [ ] Gender affirming hormonal care (nil previous treatment)
- [ ] Gender affirming hormonal care (contining treatment)
- [ ] Oestrogen implant
- [ ] Face to face appointment
- [ ] Telehealth appointment
- [ ] Other (please provide details below)

Any other information you wish to provide:

Leave blank if nil

- [ ] By checking this box I consent to Xestro medical software sending SMS and emails from Rainbow Care Clinic for appointment reminder purposes and I understand information entered on this form may not be secure

Submit

Request Appointment (previously see at RCC):

Please note, if you are a current patient of Rainbow Care Clinic you can also contact the clinic by replying to any correspondence (text or email) from the clinic.

Actual name *

Legal name (as per Medicare) if applicable

DOB *

Email *

Phone *

Appointment type *

- [ ] Short (15 min appointment)
- [ ] Long (25 min appointment)
- [ ] Extended (50 min appointment)
- [ ] Oestrogen implant
- [ ] Other/ unsure (provide details below)

Appointments:

Reason for appointment/ other information:

Leave blank if nil

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Submit

Rainbow Care Clinic acknowledges the palawa people, the enduring custodians of lutrawita/Tasmania. It always was, and it always will be Aboriginal Land.

Request appointment (new clients)

Request appointment (registered clients)

Important information about your appointment

Contact

Rainbow Care Clinic

QUICK EXIT

Request Appointment

Appointment and Fees Information

Services Available

Contact & Location

About Rainbow Care Clinic

About Dr Holly

Information For Your GP

Guidelines and Standards

Health Information & Resources

Rainbow Care Clinic

Services available:

Please note: Rainbow Care Clinic is not a full service GP clinic and you will need to have a regular GP for your non-hormonal / gender affirming care needs

- Gender affirming hormonal care appointments
- Oestrogen implants
- PrEP prescriptions

Rainbow Care Clinic is proud to be the first provider of oestrogen implants for gender affirming care in Tasmania. There are two ways of referral for oestrogen implants, (1) GP referral and (2) self-referral. GP referral is recommended for those who have a regular GP who is able to manage all their gender affirming hormonal care needs but does not insert implants.

- Oestogen implant information
- Oestrogen implant referral pathway flowchart
- Referral pathway infomation for patients

Referral pathway infomation for your GP

Referral templates

Services available:

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Gender affirming hormonal care appointments

Oestrogen implants

PrEP prescriptions

Rainbow Care Clinic

Important Information About Your Appointment

General Appointment Information
Gender Affirming Care Appointments
PrEP Prescription Appointments

General Appointment Information

Fees

Rainbow Care Clinic is a private billing clinic and fees apply to appointments. Bulk billing is not available. Medicare rebates apply for eligible patients. Fees are subject to change. Please be aware that if you are new to hormonal care, it will require at least two consultations before prescriptions can be provided. Payment is due at the time of the appointment. Rainbow Care Clinic out of pocket fees contribute to your **Extended Medicare Safety Net**. Rainbow Care Clinic is not a full service GP clinic. You will need to have a regular GP for your other primary health care needs.

Fees List

Cancellation and no-show fees

Appointments can be cancelled up to 24 hrs prior to your appointment. Cancellations within 24 hrs will incur at 50% cancellation fee. No-shows will be charged the full consultation fee. If you are unwell or are isolating at the time of your face to face appointment, please urgently reply to your confirmation text to change to a face to face appointment.

Face to face appointments

Face to face appointments are located @ 150 Churchill Avenue Sandy Bay (inside Churchill Avenue Medical Centre)

Please note Rainbow Care Clinic rents office space from Churchill Avenue Medical Centre but is a separate business. When you arrive please take a seat in the waiting room and advise Dr Holly you have arrived by replying 'here' to your confirmation text or email.

Please feel free to bring a family member or friend to your appointment if you would like a support person.

Telehealth appointments

Prior to your appointment you will receive a link via sms and/or email (please check your junk mail) with the link to the telehealth platform. If this is not functional for you, you will be called on your mobile phone. At the time of your appointment please ensure you are not driving or on public transport and are in a safe, quiet location with good internet service. You will be asked personal information so ensure you are in a location where you will not be overheard by someone you would not like to hear this information.

Gender Affirming Care Appointments

Dr Holly practices gender affirming care in accordance with the **2022 AUSPATH: Australian Informed Consent Standards of Care for Gender Affirming Hormone Therapy**. Separate mental health assessment is not required prior to treatment under the informed consent model but you must be over 18 and have the capacity to understand the risks and benefits of treatment. If you have conditions that impair your capacity to consent to treatment, Dr Holly will need to involve other members of your care team and/or any guardians.

Please be aware that everyone is unique and assessment time is highly variable depending on your individual circumstances and the complexity of your needs. If you have not been on hormonal care before, this process will take at least two separate long (45-60 mins) consultations.

Hormonal gender affirmation is a cooperative process and the purpose of these detailed assessment appointments is for Dr Holly to develop a therapeutic relationship of mutual trust and respect where you are the primary decision maker in your care. Dr Holly recognises that trans & gender diverse people are experts of their own experiences and needs. She follows a slow medicine approach, taking the time to get to know you and understand your needs so that she can develop, in collaboration with you, personalised, safe and effective medical gender affirming care plans.

Some individuals will have complex care needs that require non-GP specialist, such as an endocrinologist, psychologist, or other specialist input. Dr Holly will discuss this with you at your appointment and arrange referral if necessary. If you already see a non-GP specialist for other health care needs please bring their contact details to your appointment so Dr Holly can include them in correspondence.

PrEP Prescription Appointments

Dr Holly is a provider of pre-exposure prophylaxis medication (PrEP) for the prevention of HIV in those who are at risk of exposure. These medications can be prescribed as part of gender affirming care but may require a separate initial appointment. PrEP prescriptions require regular follow-up and sexual health testing.

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Rainbow Care Clinic

Location:

Rainbow care clinic is located at Churchill Avenue Medical Centre, 150 Churchill Avenue, Sandy Bay TASMANIA

Contact:

Please note as of 16/7/25 - books are closed. Dr Holly is available to support Tasmanian GPs in supporting their clients, please complete the contact form below.

HealthLink EDI: rainbowc

Fax: 03 6225 4890

Clients of Rainbow Care Clinic: please contact the clinic via email or by replying to any appointment confirmation text or email. On the day of your appointment the best contact is the @xestro email or SMS. At other times the @rainbowcareclinic email is preferred.

For all other enquiries: please complete the form below

Name

Email *

Message *

This form is not for medical advice or for advertising - such correspondence will not receive a reply, thank you.

Submit

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Rainbow Care Clinic

About Rainbow Care

Rainbow Care Clinic is a gender affirming health care service provided by **Dr Holly Inglis**, a registered specialist general practitioner with a special interest in gender affirming care, including hormone prescribing. Dr Holly practices under the informed consent or affirmation enablement model of gender affirming health care, placing autonomy and self-determination front and centre of the gender affirmation journey.

Rainbow Care Clinic is founded on the principle that you are the authority of your body & your life and it is your right to make your own choices about your body & your life (within the legal limits of age & capacity to consent)

Informed consent model

Dr Holly practices in accordance with the AUSPATH Australian Informed Consent Standards of Care for Gender Affirming Hormonal Therapy.

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Human rights

> "*Everyone has the right to the highest attainable standard of physical and mental health, without discrimination on the basis of sexual orientation or gender identity. Sexual and reproductive health is a fundamental aspect of this right*"
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> Principle 17, Yogyakarta Principles+10 (2017)

Dr Holly practices in accordance with Transgender Europe's Guidelines to Human Rights-based Trans-specific Healthcare, where they apply to the individual practitioner setting, following principles of:

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About

Dr Holly Inglis

Dr Holly (she/her) is a Melbourne-born, Sydney-bred & trained, and now Hobart-living registered specialist general practitioner with a special interest in gender affirming health care. She has been looking after transgender & gender diverse patients since 2018 and is passionate about providing high quality, individualised & gender affirming care.

Education

Dr Holly completed her medical education, including an Advanced Science degree, medical degree and Masters in Medicine at the University of Sydney. After pursuing divergent interests in orthopaedic surgery (bones) and ophthalmology (eyes), she found it was the depth and breadth of clinical practice offered by general practice that inspired her. In 2017, she was admitted as a Fellow to the Royal Australian College of General Practitioners (FRACGP). Dr Holly has undertaken further education in diverse areas including skin cancer (Diplomas in Skin Cancer Surgery and Dermoscopy) as well as certificates in medical nutrition management. Dr Holly is a member of AusPATH (Australian Professional Association for Trans Health) and the RACGP Special Interest Group for gender affirming care.

Qualifications

Bachelor of Science (Advanced)
Bachelor of Medicine, Bachelor of Surgery
Postgraduate Certificate in Health Sciences
Masters of Medicine (Ophthalmic Sciences)
Diploma of Child Health
Fellow of the Royal Australian College of General Practitioners
Professional Diploma of Dermoscopy
Professional & Advanced Certificates of Medical Nutrition Management
Professional Diploma of Skin Cancer Surgery

Special interests

In addition to providing gender affirming health care, Dr Holly has a special interest in skin cancer medicine and skin cancer surgery and provides skin checks and skin cancer management at Kingston Skin Clinic. Dr Holly also has a interested in LGBTQIA+ sexual health and is a PrEP prescriber.

Other (non-medical) interests

Dr Holly is an outdoors person with a penchant for running too far. In the past she has competed at the elite level in endurance obstacle course racing but has been nursing various injuries since the pandemic. She is a keen Crossfitter and likes spending time with her chickens. She can compost but has not yet managed a veggie garden.

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Rainbow Care Clinic

Information for your GP:

Information letters

Referral templates

Guidelines & Standards

These are information letters you can download and take to your gp for their information when you are requesting a referral for gender affirming hormonal care or oestrogen implants:

Gender affirming hormonal care

Oestrogen implant referral pathway

Oestrogen implant referral pathway flowchart

Information for your GP:

Gender Affirming Hormonal Care

Oestrogen Implants

Information letters

Referral templates

Guidelines & Standards

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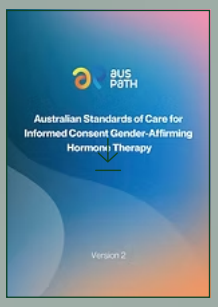
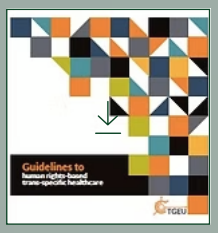
Guidelines & Standards

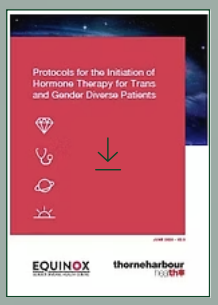


AUSPATH Australian Standards of Care for Informed Consent Gender-Affirming Hormone Therapy (2025).

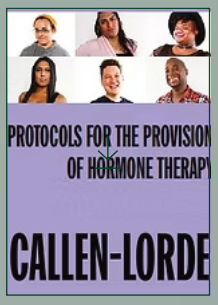
WPATH: Standards of Care for the Health of Transgender and Gender Diverse People, Version 8 (2022)



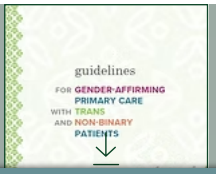
TGEU: Guidelines to human rights-based trans-specific healthcare (2019)



Equinox: Protocols for the initiation of hormone therapy for trans and gender diverse patients (2020)



Callen-Lorde: Protocols for the provision of hormone therapy (2018)



Sherbourne Health: Guidelines for gender-affirming primary care with trans and non-binary patients. 4th Ed. (2019)

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Rainbow Care Clinic

Health Information & Resources

(for patients & health professionals)

Information Sheets

Resources / Websites

Guidelines & Standards

Information Sheets

Estradiol-based hormonal therapy

Testosterone-based hormonal therapy

Oestrogen

Testosterone

Anti-androgens (cyproterone & spironolactone)

Progesterone

Oestrogen Implants

Resources/ Websites

ACON
Sydney-based advocacy, education and support organisation creating opportunities for people to live their healthiest lives, striving to be a global leader in community health, inclusion and HIV responses for people of diverse sexualities and genders. Provides services locally, state-wide & nationally.

Australian Professional Association of Trans Health
Australia's peak body for professionals involved in the health, rights and well-being of all trans people – binary and non-binary.

Equinox
Equinox is a peer led trans and gender diverse & non binary health service operated by the Thorne Harbour Health, VIC. Has good introductory resources on gender affirming hormones for health professionals.

Family Planning Tasmania
Sexual and Reproductive Health for Every Body

The Gender Centre
The Gender Centre Inc. is a state-wide (NSW) multidisciplinary centre of excellence providing a broad range of specialised services that enables the exploration of gender identity and assistance with the alleviation of gender dysphoria. Has good fact sheets for both individuals and health professionals.

Get-PEP
PEP (Post-Exposure Prophylaxis) is a month-long course of anti-HIV drugs that may prevent HIV infection after a possible exposure. Needs to be started within 72 hours of exposure. Follow link to find out where to get PEP in Tasmania, as well as other states.

Liverpool HIV Interactions
The Liverpool Drug Interactions website was established in 1999 by members of the Department of Pharmacology at the University of Liverpool to provide a freely available drug-drug interaction resource. Has information for HIV as well as PrEP medications and interactions with prescription as well as over-the-counter medications and recreational drugs.

QLife - 1800 184 527
Provides Australia-wide anonymous, LGBTI peer support and referral for people wanting to talk about a range of issues including sexuality, identity, gender, bodies, feelings or relationships. Services are free and include both telephone and webchat support, delivered by trained LGBTI community members across the country. Services are for LGBTI individuals, their friends and families, and health professionals in Australia.

Transcend Australia
Transcend Australia was founded in 2012 and was the first parent led, national peer support network and community for parents and carers supporting their TGDNB child in Australia. Transcend's purpose is to support, affirm and celebrate the lives of TGDNB children and their families and carers.

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TransHub Australia

TransHub is a NSW-based digital information and resource platform for all trans and gender diverse people, their loved ones, allies and health providers. TransHub offers the information that many of individuals so desperately needed, but didn't have access to growing up or towards their most authentic selves. Also has excellent resources for health professionals including template GP management plans created by Dr Holly Inglis

evidence to improve the health and wellbeing of trans and gender diverse communities. Has excellent information sheets and links to community resources.

Transfeminine Science

Transfeminine Science is a resource for original informational content on the subject of transfeminine hormone therapy. Transfeminine Science contains articles by different writers on the subject of transfeminine hormone therapy and is written by transgender people, for transgender people—and for their medical providers.

Transfemme

Transfemme is a website designed to promote healthier relationships between trans women and cisgender men.

Working It Out

Working It Out is Tasmania's sexuality, gender and intersex status support and education service. Working It Out provides support and advocacy services for lesbian, gay, bisexual, transgender, intersex and queer (LGBTIQ+) Tasmanians and education and training programmes to schools, workplaces, government and non-government organisations.

Google

AI Mode

Google Search I'm Feeling Lucky

QUICK EXIT

About Rainbow Care

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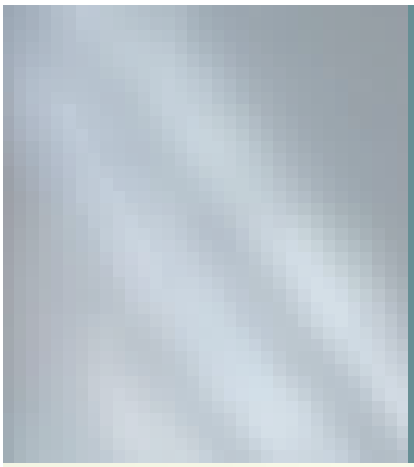
Gender affirming care services include:

- full medical assessment & work up
- initiation of hormonal care
- continued hormone prescribing if already on treatment



- holistic & personalised care through-out your hormonal gender affirmation process
- long-term care
- collaborative care with your regular GP
- oestrogen implant insertion (Hobart only)
- testosterone injection administration (Hobart only)

Appointments

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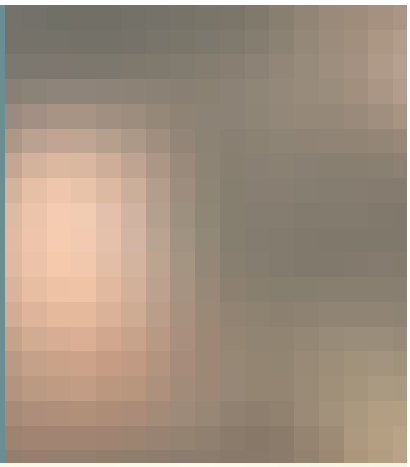

Informed consent model

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Human rights

"*Everyone has the right to the highest attainable standard of physical and mental health, without discrimination on the basis of sexual orientation or gender identity. Sexual and reproductive health is a fundamental aspect of this right*"

Principle 17. Yogyakarta Principles+10 (2017)

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Location:

Rainbow Care Clinic is located in rooms @ Churchill Avenue Medical Centre, 150 Churchill Avenue, Sandy Bay

Parking is available on site. There is a bus stop 120 m from the clinic (stop 12, University Terminus).

Contact:

To request an appointment click *here*

If you are already a client of RCC, the best contact is via email or SMS. For all other inquiries please complete the form below:

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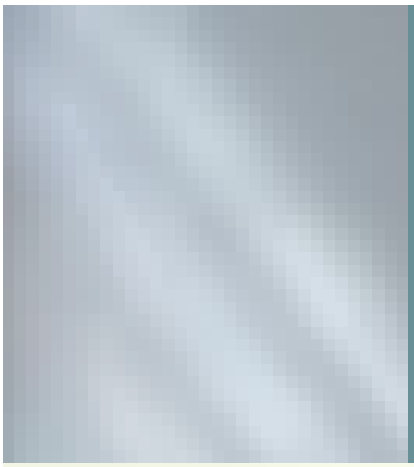

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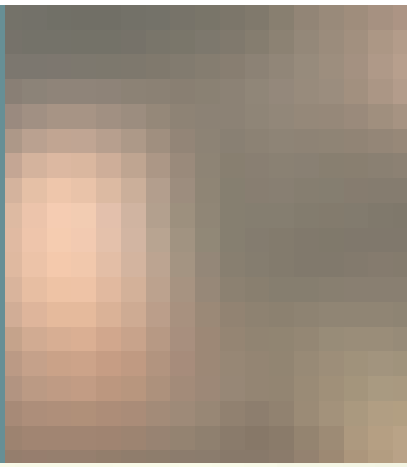

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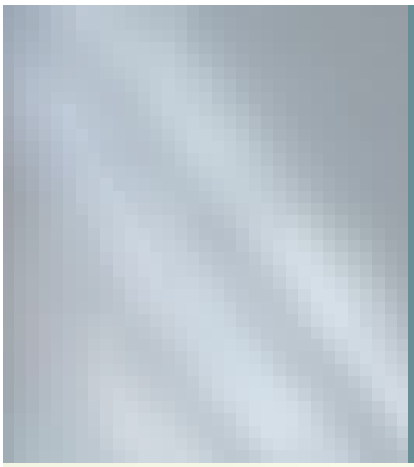

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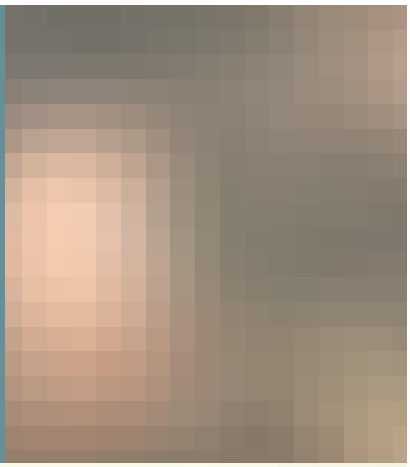

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